



COOL TIPS FOR HOT WEATHER

When temperatures rise outside, it's important to take precautions that will prevent heat-related illness. Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use can make it harder for the body to stay cool in hot weather. Try these tips to help you beat the heat:

- **Get plenty to drink**
 - Drink more water, juice and sports drinks
 - Avoid drinks with caffeine (tea, coffee and cola) and alcohol
 - **Warning:** If your doctor limits the amount of fluid you drink, or if you take water pills, ask him or her how much you should drink when the weather is hot. If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- **Stay cool indoors**
 - Stay in an air conditioned area, if possible
 - If you don't have air conditioning, go to a public building or shopping mall for a few hours – link to a list of **cooling centers** in San Bernardino County at www.coolingsb.org , or dial **2-1-1** to ask about nearby places you can go
 - A cool shower or bath is also a good way to cool off
- **Wear light clothing and sunscreen**
 - Choose lightweight, light-colored and loose-fitting clothing
 - A wide-brimmed hat will keep your head cool
 - Use sunscreen with a sun protection factor (SPF) of 15 or higher and reapply every two hours while in the sun (all skin types)
- **Schedule outdoor activities carefully**
 - Try to be less active during late afternoon, the hottest part of the day
 - Rest often in a shady area
 - Never leave kids or pets in a parked car
- **Pace yourself**
 - Take frequent breaks
 - If your heart pounds or you get out of breath, lightheaded, weak, or feel faint, stop your activity and rest in a cool or shady area
- **Use a buddy system**
 - Check on your friends and family and have someone do the same for you
 - Check on the elderly and people with health conditions twice a day during a heat wave

Warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Take steps to cool the body. Rest, lying down. Drink cool, nonalcoholic beverages; take a cool shower, bath, or sponge bath. Seek an air-conditioned place. Wear lightweight clothing.

For more information about extreme heat, visit the California Department of Public Health [website](http://www.cdph.ca).